

## HOMEMADE NOURISHING DRINKS

Try **not** to drink large amounts of fluids before or with meals. This may make you feel full and reduce your appetite.

Choose ordinary fruit juices, squashes and fizzy drinks. Avoid sugar free and diet versions.

Replace some tea and coffee with milky drinks.

**Try the following homemade nourishing drinks & recipes ideas. These can be used to supplement the diet and provide additional Calories, Protein, Vitamins and Minerals**

### FORTIFIED FULL FAT MILK

1 pint of full fat milk + 4 tablespoons dried skimmed milk powder daily e.g: Marvel or supermarket own brand. **510 Kcals, 31g Protein in 568 mls (1 pint)**

1. **Mix the 4 tablespoons of dried skimmed milk powder with some of the full fat milk to make a runny paste.**
  2. **Add the rest of the pint of full fat milk.**
  3. **Once made, store it in the fridge as normal and use during the day.**
- Drink plain
  - Make into a **hot** milky drink, e.g: Hot chocolate, Cocoa, Ovaltine, Horlicks, Coffee.
  - Make into a **cold** milkshake by using Nesquick powder or Crusha Syrup to flavour. Available in Strawberry, Raspberry, Banana and Chocolate flavours.
  - Add to Cereals, Soups, Sauces, Puddings and use in cups of tea and coffee.

**For extra nourishment, add 1 tablespoon of double cream or a scoop of ice cream.**

### FORTIFIED FRUIT JUICE

Choose a fruit juice with no bits eg: Mango, Pineapple, Apple, Cranberry or Orange. Mix 200 mls fruit juice + 4-5 teaspoons of dried skimmed milk powder eg: Marvel or supermarket own brand. **150 Kcals, 5g Protein in 200 mls.**

1. **Mix the 4-5 teaspoons of dried skimmed milk powder with some of the fruit juice to make a runny paste.**
2. **Add the rest of the 200 mls fruit juice.**

## RECIPES

### Raspberry Refresher

Serves 1

- 100 mls fortified milk
- 2 teaspoons honey
- Thick and creamy raspberry yoghurt

**361 Kcals 11g Protein**



1. Mix all ingredients together. Stir until smooth. Serve chilled.

### Choco-lat Milkshake

Serves 1

- 200 mls fortified milk
- 2 Scoops Chocolate Ice cream
- 3 teaspoons chocolate milkshake powder

**351 Kcals 15g Protein**



1. Mix chocolate milkshake powder with a little of the fortified milk to make a paste.
2. Add rest of milk & ice cream. Stir until smooth & ice cream has melted. Serve chilled.

### Orange & Mango Cooler

Serves 1

- 100 mls fortified orange & mango juice
- 100 mls lemonade
- 1 scoop vanilla ice cream

**270 Kcals 8g Protein**



1. Make up fortified juice by adding 1 tablespoon skimmed milk powder to 50 ml juice to make a paste. Add in remaining juice.
2. Add ice cream & lemonade. Stir. Serve chilled.

### Iced Latte

Serves 1

- 200 mls fortified milk
- 1 teaspoon instant coffee powder
- 1 scoop ice cream
- 1 tablespoon double cream

**370 Kcals 13g Protein**



1. Mix all ingredients together & stir until ice cream has melted. Serve chilled.

### Fruit Smoothie

Serves 1

- 200 mls fortified milk
- ½ carton thick & creamy, fruit yoghurt
- 1 scoop ice cream
- Strawberries, Raspberries, Banana or any soft fruit in season (50g – 80g)

**561 Kcals 20g Protein**



1. Place fortified milk, fruit yoghurt, ice cream, and soft fruit into a blender until smooth. Serve chilled.

### Strawberry Milkshake

Serves 1

- 200 mls fortified milk
- 3 round teaspoons of strawberry milkshake powder
- 1 tablespoon double cream

**361 Kcals 15g Protein**



1. Mix strawberry milkshake powder with a little of the fortified milk to make a paste.
2. Add rest of milk & double cream. Stir until smooth. Serve chilled.

### Hot Mocha

Serves 1

- 200 mls fortified milk
- 3 teaspoons hot chocolate powder
- 1 teaspoon instant coffee powder
- 2 tablespoons double cream

**498 Kcals 15g Protein**



1. Mix fortified milk with double cream & warm.
2. Add to hot chocolate & instant coffee powder. Stir until dissolved

### Creamy Soup

Serves 1

- 200 mls fortified milk
- 2 tablespoons double cream
- 1 sachet of Cup a Soup

**464 Kcals 13g Protein**



1. Mix fortified milk with double cream & warm.
2. Add to Cup a Soup powder. Stir until dissolved.

### Luxury Hot Chocolate

Serves 1

- 200 mls fortified milk
- 3 teaspoons of hot chocolate powder
- 2 tablespoons double cream
- Whipped cream
- Marshmallows

**611 Kcals 16g Protein**



1. Mix fortified milk with the double cream & warm.
2. Add to hot chocolate powder. Stir until dissolved.
3. Top with whipped cream and add marshmallows.

### Hot Malted Goodness

Serves 1

- 200 mls fortified milk
- 3 - 4 teaspoons of Horlicks or Ovaltine powder.
- 2 tablespoons double cream

**458 Kcals 14g Protein**



1. Mix fortified milk with the double cream & warm.
2. Add to Horlicks or Ovaltine powder. Stir until dissolved.

**MILK FREE**

### Banana & Peanut Butter Smoothie

Serves 1

- 5g sachet of dried egg white powder. (Dissolve in 6 teaspoons of water)
- 1 banana
- 1 tablespoon Peanut butter
- 1 tablespoon honey
- 60 mls water

**272 Kcals 8 g Protein**



1. Make up egg white mixture. Set aside.
2. Blend all other ingredients until smooth.
3. Add egg white mixture. Stir. Serve chilled.

Recipes by:

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